



Be... Active, Playful, Creative

Programs & Events

SUMMER CAMPS

PAGE 4-8

Herndon Festival

PAGE 32

SUMMER 2018

herndon-va.gov/recreation

Recycle After August

REGISTRATION STARTS

TOWN OF HERNDON

25
APRIL

MAY
1

NON-RESIDENTS

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Herndon Community Center Hours

Monday-Friday 6:00am-10:00pm
 Saturday 7:00am-6:00pm
 Sunday 7:00am-7:00pm (through 6/17)
 Sunday 10:00am-6:00pm (6/24-8/19)
No admittance to the building a ½ hour before closing.

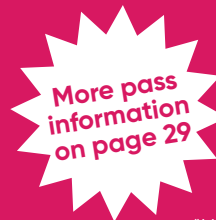
HOLIDAY HOURS

Memorial Day, May 28 8:00am-8:00pm
 Independence Day, July 4 11:00am-6:00pm
 Labor Day, September 3 Closed
The Herndon Community Center will be closed from August 26-September 3 for maintenance and cleaning.

Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm
OFFICE CLOSED:
 Monday, May 28; Wednesday, July 4; Monday, September 3

Daily Admission Rates



	TOH / NR
Adults	\$6.50 / \$7.50
Seniors	\$5.25 / \$6.25
Youth	\$5.25 / \$5.50
Family*	\$18 / \$22.50

*Up to 5 family members,
2 adults maximum

Understanding Our Class Format

TOH - Town of Herndon rate and requires ID with address for every transaction

NR - Non-Resident rate

NEW!	New this Season
DROP-IN	No Registration Required
NOR	No Online Registration
OR	Ongoing Registration

NUMBER OF CLASSES	LENGTH OF CLASS	DATES NO CLASS HELD		
#, ## minute classes			no class ##/##	
M	5:30-7:30pm	1/3-6/30	\$00 / \$00	500000.00
DAY(S)	START-END TIME	START-END DATE	COST FOR TOH / NR	ACTIVITY NUMBER



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

CHOOSE ONE OF FOUR WAYS TO REGISTER.
 For Mail & In-Person options fill out the **registration form** on page 31 and find **registration information** on page 30.



1 ONLINE: herndonwebtrac.com



2 MAIL: Herndon Parks and Recreation Department
 777 Lynn Street
 Herndon, VA 20170



3 IN-PERSON / DROP OFF: Herndon Community Center
 814 Ferndale Avenue
 Herndon, VA 20170



4 FAX: 703-318-8652
 Hearing Impaired Relay
 1-800-828-1120 TDD

"The introductory classes offered by the Herndon Parks and Recreation Department are a very cost effective way to be introduced to a new activity."

- Debbie, Great Falls, VA

Special Events *Be... Active, Playful, Creative*



Bike to Work Day

FRIDAY, May 18, 5:30-10:00am & 4:30-6:00pm

Town Hall Square Page 20

Herndon Festival

THURSDAY, May 31 - SUNDAY, June 3

Downtown Herndon Page 32



Outdoor Movie - Despicable Me 3

SATURDAY, June 16, 8:30pm

Herndon Municipal Center - Town Green Page 20

July 4th Celebration

WEDNESDAY, July 4, 6:30pm

Bready Park Page 20

Farmers' Market Fun Days

THURSDAYS, July & August, 10:30am

Town Hall Square Page 22



Labor Day Festival

MONDAY, September 3, 11:00am-5:00pm

Downtown Herndon Page 21

IT'S ON!

IN DOWNTOWN Herndon

Check out downtown Herndon for concerts, festivals and fun to be had, in addition to the shops and restaurants. Easy to reach by walking, biking, bus or driving. Check out the weekly farmers' market as well as community gatherings such as biking events, giant lawn games, concerts, and festivals.

Herndon-va.gov/ItsON

HCC Summer Unlimited Pass

Adult Pass
TOH \$125/
NR \$175

Senior, Youth & Student
TOH \$100/
NR \$135

Seniors: 65 & over
Youth: 17 & Under
Student: 18 - 25
with student ID

Valid 5/7/18 - 8/25/18

SUMMER CAMPS

EXTENDED CAMP TIME

We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Participants will join the Herndon Odyssey camp. **Participants must be registered for aquatics, dance, gymnastics, full-day tennis or afternoon ½ day camps to partake.**

Enrollees will enjoy a variety of engaging and fun games, group play, and creating new friendships.

M-F from 3:00-6:00pm. There is no Extended Camp Time 7/4, 8/13-8/17, or 8/20-8/24.

6/25-6/29	\$60	189010.11
7/2-7/6	\$48	189010.12
7/9-7/13	\$60	189010.13
7/16-7/20	\$60	189010.14
7/23-7/27	\$60	189010.15
7/30-8/3	\$60	189010.16
8/6-8/10	\$60	189010.17

If you see this symbol ✱, it means extended hours are available.

IMPORTANT INFO

REGISTRATION: Summer Camp registration begins on **Wednesday, April 25** at 10:00am for Town of Herndon (TOH) residents and **Tuesday, May 1** at 10:00am for non-TOH residents. Start early to obtain your account and password information if this is your first time registering online with the department. Visit herndon-va.gov/recreation to get started. More programs and camps will be listed in the *Summer Program and Events Guide*, which will be available online or in print at the Herndon Community Center by **April 5th**.

FORMS & PARENT/CAMPER PACKETS: Required forms apply to individual camps. Check online at herndon-va.gov/Recreation, under Camps. Several camps have Parent Handbooks available online, or a paper version can be requested.

REFUND CANCELLATION POLICY: Prior to enrolling, please read the department's refund policy, available at herndon-va.gov/Recreation, FAQ for P&R. Full refunds are issued if a camp is cancelled by department staff, or due to minimum enrollment not being met. See page 30 for details.

FINANCIAL ASSISTANCE: Financial assistance is offered by waiving a percentage of the registration fee for programs (not including trips, daily admissions or passes to the HCC) for those who meet federal financial qualifications for assistance. The fee waiver request form can be downloaded at herndon-va.gov/recreation. The form needs to be submitted in-person with the proper identification. Please call 703-435-6800 x2107 for information.

LUNCH & SNACKS: With an ever-increasing number of peanut allergies among young children, **we strongly discourage participants from bringing any "nut products" to camp.** We appreciate your consideration to ensure all our kids remain safe and healthy while participating in our camps.



Be Curious

HERNDON ODYSSEY AGE 6-11

Your child will make memories that last a lifetime! A variety of activities are planned to promote active participation in team-building, enriching games, physical fitness, expanding imagination, building self-confidence and creating new friendships. Every day at camp brings a new adventure through a variety of programs such as nature, sports & games, music, and other team-building activities. Activities are designed around weekly themes complete with age-appropriate weekly field trips.

FIELD
TRIPS
INCLUDED

Field trips are included in the cost of camp. Bring a healthy lunch, water and snack every day (no peanut/nut products). The following forms must be on file prior to participation: Camper Information and Pick-up Authorization. Forms and the Parent Handbook are available at the HCC or online at herndon-va.gov; click on Parks and Recreation.

SPECIAL FEATURE: Take advantage of Odyssey as your child's base camp and take a lesson or specialty camp during the day at the HCC and our staff will escort your child to and from. Save yourself extra driving and schedule coordination and let your child try something new. Kindly notify the parks and recreation department in advance in writing of dual-enrollment.

Parent Meeting: Wednesday, June 13 at 7:00pm

SESSION I

10, 10.5 hour sessions

M-F	7:30am-6:00pm	6/18-6/29	\$234 / \$311	186110.01
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SESSION II

9, 10.5 hour sessions

no class 7/4

M-F	7:30am-6:00pm	7/2-7/13	\$211 / \$281	186110.02
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SESSION III

10, 10.5 hour sessions

M-F	7:30am-6:00pm	7/16-7/27	\$234 / \$311	186110.03
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SESSION IV

10, 10.5 hour sessions

M-F	7:30am-6:00pm	7/30-8/10	\$234 / \$311	186110.04
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If you see this symbol ✱, it means extended hours are available.



TEEN DISCOVERY AGE 12-15

Adventure awaits! Teen Discovery allows teenagers to spend two full weeks with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a lunch, water bottle, bathing suit and towel daily. Cost includes supervision, van transportation and admissions. Starting and ending times will vary depending on the trip. There are different destinations each session. Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations.

Parent Meeting: Thursday, June 14 at 7:00pm

SESSION I – Kings Dominion, Paintball, Water Park, Rebounderz**10, 7 hour sessions**

M-F	10:00am-5:00pm	6/18-6/29	\$319 / \$424	186220.10
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SESSION II – Kings Dominion, Ropes Course, Tubing, Aquarium**9, 7 hour sessions****no class 7/4**

M-F	10:00am-5:00pm	7/2-7/13	\$287 / \$382	186220.11
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SESSION III – Kings Dominion, Horseback Riding, Launch Trampoline Park, Laser Tag**10, 7 hour sessions**

M-F	10:00am-5:00pm	7/16-7/27	\$319 / \$424	186220.12
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SESSION IV – Kings Dominion, Dave & Buster's, Washington Nationals Game, Rafting**10, 7 hour sessions**

M-F	10:00am-5:00pm	7/30-8/10	\$319 / \$424	186220.13
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TEEN DISCOVERY EARLY BIRD AGE 12-15

Camp is open with supervision for registered campers only. Campers can do games, crafts, and team building activities as they prepare for each trip during the early bird hours.

9, 90 minute sessions**no class 7/4**

M-F	8:30-10:00am	7/2-7/13	\$60	186221.11
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10, 90 minute sessions

M-F	8:30-10:00am	6/18-6/29	\$60	186221.10
M-F	8:30-10:00am	7/16-7/27	\$60	186221.12
M-F	8:30-10:00am	7/30-8/10	\$60	186221.13

COUNSELOR IN TRAINING AGE 13-15

Teens learn how to plan, teach and execute youth programs and activities. C.I.T.'s will work in the Herndon Odyssey and Gymnastics camps and shadow counselors while developing skills. This program is designed to prepare participants to become effective and talented counselors. C.I.T. requires independence, commitment and good judgment from the participants. C.I.T.'s are provided with camp shirts, training and a program manual. Bring lunch, water bottle, sunscreen, swim suit, towel, and clothes for working outdoors. **C.I.T.'s must attend one of the two trainings prior to serving as a C.I.T. – either 6/16 (180022.61) or 7/14 (180022.62).**

9, 7 hour sessions**no class 7/4**

M-F	9:00am-4:00pm	7/2-7/13	\$135 / \$180	180021.12
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10, 7 hour sessions

M-F	9:00am-4:00pm	6/18-6/29	\$150 / \$200	180021.11
M-F	9:00am-4:00pm	7/16-7/27	\$150 / \$200	180021.13
M-F	9:00am-4:00pm	7/30-8/10	\$150 / \$200	180021.14

AQUATICS CAMP* AGE 7-12

Let your child spend the day in the pool! Opportunities to develop/practice competitive swimming strokes, turns, and dives. Guest instructors will guide new activities such as water aerobics, springboard diving, and more! Bring a swim suit, goggles, two towels, pool shoes, and a bag lunch (no peanut/nut products). Snack will be provided. Registration fee includes a camp t-shirt and bag. **Swimmers must pass a swim test (swim one length of the pool and tread water for one minute) in order to register for the camp.** Swim tests are by appointment only. Call 703-435-6800 x2134.

5, 6 hour sessions

M-F	9:00am-3:00pm	8/6-8/10	\$175 / \$233	109510.10
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PRESCHOOL PLAY CAMP AGE 3-5

Themed activities include arts & crafts, music, drama, games and nature. Great staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, t-shirt and weekly swim-n-splash day. Children must be potty-trained. Parents will be asked to provide a snack for one day for each session enrolled.

Camp is licensed through the State of Virginia Social Services Department, which requires we see your child's original or a certified copy of the birth certificate or passport. Children must be 3 years old by May 1, 2018. Prior to the start of the program, the following forms need to be on file for your child to participate in the program: General Registration, Physical & Immunization Records, Authorization for Pick-up and Camper Information Forms. Forms will be available online or a paper version can be requested.

Parent Meeting: Monday, June 11 at 6:30pm.

THE DEEP AND THE BEACH

Explore the creatures in our deep blue sea: whales, sharks, octopuses, starfish, sea horses, and mythical creatures. Join in the fun as we discover the beach with tide pools, waves, sand castles, crabs, and hermit crabs.

10, 4 hour sessions

M-F	9:00am-1:00pm	6/18-6/29	\$210 / \$279	186000.11
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ABOVE AND BELOW

What is that up in the sky? Planets (and planetoid), moon, stars, comets, constellations, astronauts and spaceships. What is under my feet with coral reefs, volcanoes, forests, and grasslands?

9, 4 hour sessions**no class 7/4**

M-F	9:00am-1:00pm	7/2-7/13	\$189 / \$251	186000.12
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DINOSAUR DAYS

Which dinosaurs were plant eaters? Learn about Stegosaurus, Triceratops, Brachiosaurus (Brontosaurus), dinosaur nests, and eggs (Maisosaura). Who walked the Earth as meat eating dinosaurs? Learn about the life of the T-Rex, Allosaurus, and Velociraptor.

10, 4 hour sessions

M-F	9:00am-1:00pm	7/16-7/27	\$210 / \$279	186000.13
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FINE ARTS

Explore paint, finger paint, chalk sketches, collage, and sculpture (modeling clay). Join us as we continue to learn about songwriting, singing, and drama.

10, 4 hour sessions

M-F	9:00am-1:00pm	7/30-8/10	\$210 / \$279	186000.14
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SUMMER CAMPS

Be Curious

NATURE EXPLORERS CAMP



AGE 5-8

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, we will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, bring a lunch, water

bottle and a snack (no peanut/nut products). T-shirt included. Camp meets at Runnymede Park.

ECOLOGY-REDUCE, REUSE AND RECYCLE

Learn the important factors to help with ecology and help protect the earth. Create crafts from recycled materials.

5, 4 hour sessions

M-F	9:00am-1:00pm	6/18-6/22	\$75 / \$100	186310.09
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GARDENING FOR THE FUTURE

Where does our food come from? Does it all come from the grocery store? Learn the basics of gardening and where food comes from and how to grow it.

5, 4 hour sessions

M-F	9:00am-1:00pm	6/25-6/29	\$75 / \$100	186310.10
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LIFE CYCLES OF CREATURES BIG AND SMALL

Do we look the same as we did when we were kids? No and neither do animals. Learn various life cycles of different animals big and small.

4, 4 hour sessions

M-F	9:00am-1:00pm	7/2-7/6	\$60 / \$80	186310.11
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no class 7/4

ANIMALS AMONG US

Take a walk in the woods and what do you find? What is in your backyard at night? Learn the various animals that live among us.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/9-7/13	\$75 / \$100	186310.12
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OUTDOOR LIVING SKILLS

Have you made a fire before? Do you know how to make a shelter to get out of bad weather? Come learn outdoor living skills and how to survive in the woods.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/16-7/20	\$75 / \$100	186310.13
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ASTRONOMY & THE SOLAR SYSTEM

Learn about the amazing solar system and identify the different planets that make up our solar system.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/23-7/27	\$75 / \$100	186310.14
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WEATHER OR NOT

What causes it to rain or snow? How do volcanoes work? Learn this and much more during our "Weather or Not" camp.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/30-8/3	\$75 / \$100	186310.15
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STORYBOOK DANCE CAMP

AGE 4-12

Dance camps are a multi-art experience, with daily craft projects, stories and videos based around each theme. Costumed performances and a dance party will be held for parents on the last day of each camp. Participants will swim twice a week at the HCC's indoor pool and walk to the Farmers' Market each Thursday morning. Please provide ballet slippers, leotard, tights, any additional dance shoes as noted, swimsuit, towel, t-shirt, shorts, and sturdy shoes. Bring a healthy snack/lunch daily (no peanut/nut products).



FANCY NANCY AGE 4-6

Learn ballet and tap technique while living in *Fancy Nancy's* fun filled world! Make fancy crafts and learn fancy vocabulary words. Can you say – marvelous?! Whatever you are doing, you are sure to have a thrilling time through the stories and themes of the precocious little dancer! Please bring tap shoes.

10, 7 hour sessions

M-F	9:00am-4:00pm	6/18-6/29	\$336 / \$447	184000.11
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SAFARI/LION KING* AGE 6-12

Influenced by Twyla Tharp's choreography, your child will continue their dance training in ballet and jazz, while concentrating on modern moves through hip-hop and basic tumbling. This is a great camp to exercise imagination and theatrical character-building through movement. Campers will spend their days on safari in the animal kingdom and jungles they create. Please bring jazz shoes.

9, 7 hour sessions

M-F	9:00am-4:00pm	7/2-7/13	\$303 / \$403	184000.12
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no class 7/4

CLASSICAL BALLETS/ DANCING PRINCESS* AGE 6-12

This camp focuses on ballet technique. Students will cover the stories of classical ballets such as the *Firebird*, *Giselle*, *Swan Lake*, *Coppelia*, *Midsummer Night's Dream* and favorites such as *Sleeping Beauty*, *Cinderella*, and the *Nutcracker*.

10, 7 hour sessions

M-F	9:00am-4:00pm	7/16-7/27	\$336 / \$447	184000.13
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POWER PRINCESS* AGE 5-10

Today's princesses are determined, passionate, and feisty. This camp features Pocahontas, Rapunzel, Mulan, Elsa, to name a few and covers ballet, tap and jazz. Please bring tap shoes.

5, 7 hour sessions

M-F	9:00am-4:00pm	7/30-8/3	\$168 / \$223	184000.14
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SUPER HERO AGE 5-10

Learn jazz and hip-hop in this inventive camp for girls and boys alike. Besides dance technique, students will work on developing their own super hero persona, costume and their own comic book based around their character. Please bring jazz shoes; no ballet slippers needed.

10, 7 hour sessions

M-F	9:00am-4:00pm	8/6-8/17	\$336 / \$447	184000.15
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ENGINEERING WITH LEGO®

Power up your engineering skills with Play-Well TEKologies; design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. Each day bring a snack (no peanut/nut products).

NINJANEERING

AGE 6-11

Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! In this challenge-based program, build projects inspired by cool machines close to home, such as Forklifts, Houseboats, and a Mini-Golf Course. Then build Elemental Dragons, Kai's X1-Charger, and Cole's Earth Driller from Ninjago City! Engineering and Ninjanuity are the focus of this new themed camp for LEGO® fanatics! Each day bring a lunch and snack (no peanut/nut products).

5, 6 hour sessions

M-F	9:00am-3:00pm	8/13-8/17	\$315 / \$419	186410.11
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INTRO TO STEM AGE 5-7

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. There are no prerequisites for this course.

5, 3 hour sessions

M-F	9:00am-12:00pm	8/20-8/24	\$160 / \$213	186410.12
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STEM CHALLENGE AGE 7-11

Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge. There are no prerequisites for this course.

5, 3 hour sessions

M-F	1:00-4:00pm	8/20-8/24	\$160 / \$213	186410.14
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GYMNASTICS CAMP* AGE 6-12

Want to learn or improve your skills? Participate in floor exercises, beam, and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. We will swim two times during the week. T-shirt included. Each day bring a lunch, snack, and drink (no peanut/nut products).

4, 6 hour sessions

M-F	9:00am-3:00pm	7/2-7/6	\$126 / \$168	188110.22
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5, 6 hour sessions

M-F	9:00am-3:00pm	6/25-6/29	\$158 / \$210	188110.20
M-F	9:00am-3:00pm	7/30-8/3	\$158 / \$210	188110.24

ACRO-GYMNASTICS CAMP* AGE 6-12

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts & crafts, and games. Bring a lunch, snack (no peanut/nut products) and a large T-shirt for crafts. Extended care available for some sessions.

5, 6 hour sessions

M-F	9:00am-3:00pm	7/9-7/13	\$158 / \$210	188310.10
M-F	9:00am-3:00pm	7/23-7/27	\$158 / \$210	188310.20
M-F	9:00am-3:00pm	8/13-8/17	\$158 / \$210	188310.22

MUNCHKATEERS (Preschool Gymnastics)

AGE 4-5

This innovative movement program for children combines fitness, elementary gymnastics, and games. The program develops your child's large motor coordination skills, strength, flexibility and imagination. Plus, they will have a great time! Children should be ready for group instruction.

5, 3 hour sessions

M-F	9:00am-12:00pm	6/18-6/22	\$84 / \$112	188000.10
M-F	1:00-4:00pm	6/18-6/22	\$84 / \$112	188000.00
M-F	9:00am-12:00pm	7/16-7/20	\$84 / \$112	188000.02
M-F	9:00am-12:00pm	8/6-8/10	\$84 / \$112	188000.03

TUMBLING CAMP* AGE 10 & UP

This camp is designed for our more advanced athletes who are looking to maintain or further develop their tumbling skills - perfect for those looking to try out for middle or high school teams. Instructors will help athletes develop front and back walkovers, standing handsprings, round-off handsprings and additional series tumbling. Athletes will focus on proper body positions and practice other various drills used to develop body awareness, strength and proper tumbling form.

5, 3 hour sessions

M-F	1:00-4:00pm	7/16-7/20	\$84 / \$112	188311.10
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CHEERLEADING CAMP* AGE 6-12

This camp is designed to introduce athletes to the fundamentals of cheerleading. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers and dances, in a safe and age appropriate manner. Each day bring a snack/drink (no peanut/nut products).



5, 3 hour sessions

M-F	1:00-4:00pm	8/6-8/10	\$84 / \$112	188312.10
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NOVA LEGEND SOCCER AGE 6-12

Don't miss an opportunity to continue development of fundamental soccer skills including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer-related games using your developing skills. Scrimmages and games will also continue to aid in the player's development. Bring a soccer ball labeled with child's first and last name. Meets at Bready Park soccer field.

5, 3 hour sessions

M-F	9:00am-12:00pm	7/16-7/20	\$141 / \$188	187100.10
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SUMMER CAMPS

Be Curious

BASKETBALL CAMP

AGE 6-12



Ignite Sports offers a basketball program that whether you're new to the game or simply looking to improve your skills, is the perfect program for you. Through interactive and age-appropriate games, campers will learn basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Meets at Bready Park outdoor basketball courts.

5, 3 hour sessions

M-F	9:00am-12:00pm	7/30-8/3	\$141 / \$188	187210.10
M-F	9:00am-12:00pm	8/6-8/10	\$141 / \$188	187210.11

MULTI-SPORT CAMP

AGE 6-12

Ignite offers a multi-sport program that helps young athletes excel in a variety of skills through various sports and activities. Each day the sport focus will be different and include skill instruction, sport specific and basic agility drills/games, team building activities and unique games that will help to further develop fitness, coordination and confidence. Participants will work together to gain a better understanding of team work and good sportsmanship!

5, 3 hour sessions

M-F	9:00am-12:00pm	7/23-7/27	\$141 / \$188	187510.10
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HAPPY FEET SOCCER

AGE 3-4

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness. Meets at Bready Park soccer field.

5, 45 minute classes

M-F	9:00-9:45am	7/9-7/13	\$47 / \$63	187000.11
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5, 60 minute classes

M-F	10:00-11:00am	7/9-7/13	\$52 / \$69	187000.14
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SPORT SAMPLER CAMP

AGE 3-4

Ignite offers a multi-sport program that dials in on the basic skill sets for a variety of sports, including: baseball/softball, volleyball, basketball, flag football, kickball and tennis. Using interactive and age-appropriate games/activities and drills, kids can have a blast while exploring new sports. Emphasis will be placed on building gross/fine motor development, hand-eye coordination and team work! Meets at Bready Park soccer field.

5, 30 minute classes

M-F	10:35-11:05am	6/25-6/29	\$32 / \$43	187400.10
M-F	10:35-11:05am	8/13-8/17	\$32 / \$43	187400.11

5, 90 minute classes

M-F	9:00-10:30am	6/25-6/29	\$64 / \$85	187400.12
M-F	9:00-10:30am	8/13-8/17	\$64 / \$85	187400.13

TENNIS CAMP ½ DAY

AGE 8-12

NEW

A great way for kids to spend their summer outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Students must provide their own racquet and a new can of balls. Bring a snack each day (no peanut/nut products). No swimming offered during ½ day camps.

5, 3 hour sessions

M-F	9:00am-12:00pm	6/18-6/22	\$113 / \$150	188610.10
M-F	9:00am-12:00pm	7/9-7/13	\$113 / \$150	188610.11
M-F	9:00am-12:00pm	7/23-7/27	\$113 / \$150	188610.12
M-F	9:00am-12:00pm	7/30-8/3	\$113 / \$150	188610.13
M-F	9:00am-12:00pm	8/6-8/10	\$113 / \$150	188610.14

TENNIS CAMP FULL DAY*

AGE 8-12

The camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring snack, lunch and bathing suit every day in case of inclement weather. Other sport activities such as racquetball and swimming will be included. Eligible for extended care hours for some sessions.

5, 6 hour sessions

M-F	9:00am-3:00pm	6/25-6/29	\$180 / \$239	188710.10
M-F	9:00am-3:00pm	7/16-7/20	\$180 / \$239	188710.11
M-F	9:00am-3:00pm	8/13-8/17	\$180 / \$239	188710.12

TENNIS CAMP

One is never too young to learn a life time sport. Your child will learn basic tennis fundamentals by using creative games and teaching techniques.

AGE 4-5

5, 45 minute sessions

M-F	9:00-9:45am	6/18-6/22	\$53 / \$70	188400.10
M-F	9:00-9:45am	7/9-7/13	\$53 / \$70	188400.11
M-F	9:00-9:45am	7/23-7/27	\$53 / \$70	188400.12
M-F	9:00-9:45am	7/30-8/3	\$53 / \$70	188400.13
M-F	9:00-9:45am	8/6-8/10	\$53 / \$70	188400.14

AGE 6-7


5, 45 minute sessions

M-F	10:00-10:45am	6/18-6/22	\$53 / \$70	188510.10
M-F	10:00-10:45am	7/9-7/13	\$53 / \$70	188510.11
M-F	10:00-10:45am	7/23-7/27	\$53 / \$70	188510.12
M-F	10:00-10:45am	7/30-8/3	\$53 / \$70	188510.13
M-F	10:00-10:45am	8/6-8/10	\$53 / \$70	188510.14



More sports and tennis classes on page 24 & 25.

Pool & Swimmer Information

- »  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- » **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday & Sunday mornings until noon.
- » **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.
- » **FREE swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation.

MAKEUP POLICY

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

» Preschool

ATTENTION: Parents should read class requirements and descriptions **carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Baby and Me Age 6-18 months

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

Sa	9:30-9:55am	6/23-8/11	\$72 / \$96	101100.60
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Toddler and Me Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

Sa	10:00-10:25am	6/23-8/11	\$72 / \$96	101200.60
Sa	10:30-10:55am	6/23-8/11	\$72 / \$96	101200.61
Su	10:00-10:25am	6/24-8/12	\$72 / \$96	101200.70

Preschooler and Me Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent.

8, 25 minute classes

Sa	9:00-9:25am	6/23-8/11	\$72 / \$96	101300.60
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Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

5, 25 minute classes

M-F	10:30-10:55am	8/20-8/24	\$45 / \$60	102100.1E
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8, 25 minute classes

no class 7/4

M/W	6:30-6:55pm	6/25-7/23	\$72 / \$96	102100.11
M/W	6:30-6:55pm	7/30-8/22	\$72 / \$96	102100.1D
Tu/Th	6:00-6:25pm	6/26-7/19	\$72 / \$96	102100.20
Tu/Th	7:00-7:25pm	6/26-7/19	\$72 / \$96	102100.21
Tu/Th	7:00-7:25pm	7/31-8/23	\$72 / \$96	102100.23
Tu/Th	6:00-6:25pm	7/31-8/23	\$72 / \$96	102100.25
Sa	8:30-8:55am	6/23-8/11	\$72 / \$96	102100.60
Sa	9:30-9:55am	6/23-8/11	\$72 / \$96	102100.61
Sa	11:30-11:55am	6/23-8/11	\$72 / \$96	102100.62
Su	11:30-11:55am	6/24-8/12	\$72 / \$96	102100.70

9, 25 minute classes

no class 7/4, 7/10

M-F	10:30-10:55am	6/25-7/6	\$81 / \$108	102100.13
M-F	10:30-10:55am	7/9-7/20	\$81 / \$108	102100.16
M-F	10:30-10:55am	7/23-8/2	\$81 / \$108	102100.19
M-F	10:30-10:55am	8/6-8/16	\$81 / \$108	102100.1A

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

5, 25 minute classes

M-F	11:00-11:25am	8/20-8/24	\$45 / \$60	402200.15
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8, 25 minute classes

no class 7/4

M/W	7:00-7:25pm	6/25-7/23	\$72 / \$96	102200.11
M/W	7:00-7:25pm	7/30-8/22	\$72 / \$96	102200.1H
M/W	6:00-6:25pm	6/25-7/23	\$72 / \$96	102200.1J
M/W	6:00-6:25pm	7/30-8/22	\$72 / \$96	102200.1K
Tu/Th	6:30-6:55pm	6/26-7/19	\$72 / \$96	102200.21
Tu/Th	6:30-6:55pm	7/31-8/23	\$72 / \$96	102200.23
Sa	9:00-9:25am	6/23-8/11	\$72 / \$96	102200.60
Sa	10:00-10:25am	6/23-8/11	\$72 / \$96	102200.61
Su	11:00-11:25am	6/24-8/12	\$72 / \$96	102200.70

9, 25 minute classes

no class 7/4, 7/10

M-F	11:00-11:25am	6/25-7/6	\$81 / \$108	102200.14
M-F	11:00-11:25am	7/9-7/20	\$81 / \$108	102200.17
M-F	11:00-11:25am	7/23-8/2	\$81 / \$108	102200.1B

Preschooler 2 (continued)

9, 25 minute classes

M-F	11:00-11:25am	8/6-8/16	\$81 / \$108	102200.1F
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Preschooler 3 Age 3-5

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute classes

M-F	10:00-10:25am	8/20-8/24	\$45 / \$60	102300.16
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8, 25 minute classes

no class 7/4

M/W	5:00-5:25pm	6/25-7/23	\$72 / \$96	102300.11
M/W	5:00-5:25pm	7/30-8/22	\$72 / \$96	102300.15
Tu/Th	5:30-5:55pm	6/26-7/19	\$72 / \$96	102300.21
Tu/Th	5:30-5:55pm	7/31-8/23	\$72 / \$96	102300.23
Sa	10:30-10:55am	6/23-8/11	\$72 / \$96	102300.60
Sa	11:30-11:55am	6/23-8/11	\$72 / \$96	102300.61
Su	10:30-10:55am	6/24-8/12	\$72 / \$96	102300.70

9, 25 minute classes

no class 7/4, 7/10

M-F	10:00-10:25am	6/25-7/6	\$81 / \$108	102300.10
M-F	10:00-10:25am	7/9-7/20	\$81 / \$108	102300.12
M-F	10:00-10:25am	7/23-8/2	\$81 / \$108	102300.13
M-F	10:00-10:25am	8/6-8/16	\$81 / \$108	102300.14

Preschooler 4 Age 3-5

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute classes

M-F	9:30-9:55am	8/20-8/24	\$45 / \$60	102400.16
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8, 25 minute classes

no class 7/4

M/W	5:30-5:55pm	6/25-7/23	\$72 / \$96	102400.11
M/W	5:30-5:55pm	7/30-8/22	\$72 / \$96	102400.15
Tu/Th	5:00-5:25pm	6/26-7/19	\$72 / \$96	102400.21
Tu/Th	5:00-5:25pm	7/31-8/23	\$72 / \$96	102400.23
Sa	11:00-11:25am	6/23-8/11	\$72 / \$96	102400.60
Su	10:00-10:25am	6/24-8/12	\$72 / \$96	102400.70

9, 25 minute classes

no class 7/4, 7/10

M-F	9:30-9:55am	6/25-7/6	\$81 / \$108	102400.10
M-F	9:30-9:55am	7/9-7/20	\$81 / \$108	102400.12
M-F	9:30-9:55am	7/23-8/2	\$81 / \$108	102400.13
M-F	9:30-9:55am	8/6-8/16	\$81 / \$108	102400.14

Preschooler 5 Age 3-5

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

5, 25 minute classes

M-F	11:30-11:55am	8/20-8/24	\$45 / \$60	102400.16
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8, 25 minute classes

Sa	11:30-11:55am	6/23-8/11	\$72 / \$96	102500.60
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9, 25 minute classes

no class 7/4, 7/10

M-F	11:30-11:55am	6/25-7/6	\$81 / \$108	102500.10
M-F	11:30-11:55am	7/9-7/20	\$81 / \$108	102500.12
M-F	11:30-11:55am	7/23-8/2	\$81 / \$108	102500.13
M-F	11:30-11:55am	8/6-8/16	\$81 / \$108	102500.14

» Youth

ATTENTION: Parents should read class requirements and descriptions *carefully* to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

5, 30 minute classes

M-F	9:30-10:00am	8/20-8/24	\$45 / \$60	103110.1A
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8, 30 minute classes

no class 7/4

M/W	6:00-6:30pm	6/25-7/23	\$72 / \$96	103110.11
M/W	6:00-6:30pm	7/30-8/22	\$72 / \$96	103110.1C
Tu/Th	5:00-5:30pm	6/26-7/19	\$72 / \$96	103110.21
Tu/Th	5:00-5:30pm	7/31-8/23	\$72 / \$96	103110.23
Sa	11:00-11:30am	6/23-8/11	\$72 / \$96	103110.60
Su	11:30am-12:00pm	6/24-8/12	\$72 / \$96	103110.70

9, 30 minute classes

no class 7/4, 7/10

M-F	9:30-10:00am	6/25-7/6	\$81 / \$108	103110.10
M-F	9:30-10:00am	7/9-7/20	\$81 / \$108	103110.14
M-F	9:30-10:00am	7/23-8/2	\$81 / \$108	103110.15
M-F	9:30-10:00am	8/6-8/16	\$81 / \$108	103110.17

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

5, 30 minute classes

M-F	10:00-10:30am	8/20-8/24	\$45 / \$60	103210.16
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8, 30 minute classes

no class 7/4

M/W	6:30-7:00pm	6/25-7/23	\$72 / \$96	103210.11
M/W	6:30-7:00pm	7/30-8/22	\$72 / \$96	103210.15
M/W	7:00-7:30pm	6/25-7/23	\$72 / \$96	103210.17



HCC Summer Unlimited Pass

Adult Pass
TOH \$125/
NR \$175

Senior, Youth & Student
TOH \$100/
NR \$135

Seniors: 65 & over
Youth: 17 & Under
Student: 18 - 25
with student ID

Valid 5/7/18 - 8/25/18



Swim 2 (continued)

8, 30 minute classes

M/W	7:00-7:30pm	7/30-8/22	\$72 / \$96	103210.19
Tu/Th	5:30-6:00pm	6/26-7/19	\$72 / \$96	103210.21
Tu/Th	5:30-6:00pm	7/31-8/23	\$72 / \$96	103210.23
Sa	10:30-11:00am	6/23-8/11	\$72 / \$96	103210.60
Su	11:00-11:30am	6/24-8/12	\$72 / \$96	103210.70

9, 30 minute classes

no class 7/4, 7/10

M-F	10:00-10:30am	6/25-7/6	\$81 / \$108	103210.10
M-F	10:00-10:30am	7/9-7/20	\$81 / \$108	103210.12
M-F	10:00-10:30am	7/23-8/2	\$81 / \$108	103210.13
M-F	10:00-10:30am	8/6-8/16	\$81 / \$108	103210.14

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

5, 30 minute classes

M-F	10:30-11:00am	8/20-8/24	\$45 / \$60	103310.16
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8, 30 minute classes

no class 7/4

M/W	5:30-6:00pm	6/25-7/23	\$72 / \$96	103310.11
M/W	5:30-6:00pm	7/30-8/22	\$72 / \$96	103310.15
Tu/Th	7:00-7:30pm	6/26-7/19	\$72 / \$96	103310.20
Tu/Th	6:30-7:00pm	6/26-7/19	\$72 / \$96	103310.21
Tu/Th	7:00-7:30pm	7/31-8/23	\$72 / \$96	103310.22
Tu/Th	6:30-7:00pm	7/31-8/23	\$72 / \$96	103310.23
Sa	10:00-10:30am	6/23-8/11	\$72 / \$96	103310.60
Su	10:30-11:00am	6/24-8/12	\$72 / \$96	103310.70

9, 30 minute classes

no class 7/4, 7/10

M-F	10:30-11:00am	6/25-7/6	\$81 / \$108	103310.10
M-F	10:30-11:00am	7/9-7/20	\$81 / \$108	103310.12
M-F	10:30-11:00am	7/23-8/2	\$81 / \$108	103310.13
M-F	10:30-11:00am	8/6-8/16	\$81 / \$108	103310.14

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

5, 30 minute classes

M-F	11:00-11:30am	8/20-8/24	\$45 / \$60	103410.16
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8, 30 minute classes

no class 7/4

M/W	5:00-5:30pm	6/25-7/23	\$72 / \$96	103410.11
M/W	5:00-5:30pm	7/30-8/22	\$72 / \$96	103410.15
Tu/Th	6:00-6:30pm	6/26-7/19	\$72 / \$96	103410.21
Tu/Th	6:00-6:30pm	7/31-8/23	\$72 / \$96	103410.23
Sa	9:30-10:00am	6/23-8/11	\$72 / \$96	103410.60
Su	10:00-10:30am	6/24-8/12	\$72 / \$96	103410.70

9, 30 minute classes

no class 7/4, 7/10

M-F	11:00-11:30am	6/25-7/6	\$81 / \$108	103410.10
M-F	11:00-11:30am	7/9-7/20	\$81 / \$108	103410.12
M-F	11:00-11:30am	7/23-8/2	\$81 / \$108	103410.13
M-F	11:00-11:30am	8/6-8/16	\$81 / \$108	103410.14

Float Night

Our **NEW Pirate Ship float** will be out to play on the **third Friday of every month** from **7:30-9:30pm**.

Play on the float or bring your own floats and toys and have fun with the whole family.

Did You Know?

The Pirate Ship sets sail in the pool most **Saturdays and Sundays from 1:30-3:30pm!**

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

5, 45 minute classes

M-F	11:30am-12:15pm	8/20-8/24	\$67.50 / \$90	103510.18
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8, 45 minute classes

Sa	8:45-9:30am	6/23-8/11	\$108 / \$144	103510.60
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9, 45 minute classes

no class 7/4, 7/10

M-F	11:30am-12:15pm	6/25-7/6	\$121.50 / \$162	103510.10
M-F	11:30am-12:15pm	7/9-7/20	\$121.50 / \$162	103510.12
M-F	11:30am-12:15pm	7/23-8/2	\$121.50 / \$162	103510.14
M-F	11:30am-12:15pm	8/6-8/16	\$121.50 / \$162	103510.16

Adapted Aquatics Age 6-12

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 6-12

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

8, 30 minute classes

F	4:00-4:30pm	6/29-8/17	\$72 / \$96	103810.50
F	4:30-5:00pm	6/29-8/17	\$72 / \$96	103810.51

Advanced Age 6-12

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

8, 30 minute classes

F	5:00-5:30pm	6/29-8/17	\$72 / \$96	103910.50
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Calling All Swimmers!

Herndon Halibuts

(HERNDON SWIM LEAGUE) AGE 5-18

If you have always wanted to be on a swim team but haven't had a neighborhood team to swim for, here's your chance!

Join the Herndon Community Center Swim Team and be a Fighting Halibut!

As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season. All swimmers must be able to swim one length of the pool continuously without stopping.

Parents are required to assist at four swim meets and one team activity. Parents MUST attend the orientation session held on Saturday, May 12, 2018 from 6:00-7:00pm. This meeting gives parents the opportunity to meet the HCC staff and receive information concerning the 2018 Summer Season. All practices will switch to a morning schedule on June 18 (after FCPS finishes the school year). A \$25 late fee will be applied if registering after 5/28.

A **\$35 Activity Fee** per swimmer is also due before the first day of practice to cover the cost of T-shirts, caps, end of season awards and team activities. **No practice 7/4 or 7/10.**

EVENING PRACTICES
MAY 29-JUNE 15

MORNING PRACTICES
JUNE 18-JULY 20

Regular Registration
TOH \$125/NR \$167

Late Registration
(after 5/28)
TOH \$150/NR \$192

AGE 5-8 **105350.10**
Monday-Friday

May 29-June 15 6:15-7:00pm
June 18-July 20 7:30-8:15am

AGE 9-12 **105350.13**
Monday-Friday

May 29-June 15 7:00-7:45pm
June 18-July 20 9:00-9:45am

AGE 9-10 **105350.11**
Monday-Friday

May 29-June 15 5:30-6:15pm
June 18-July 20 8:15-9:00am

Age 11-18 **105350.12**
Monday-Friday

May 29-June 15 4:30-5:30pm
June 18-July 20 9:45-10:45am

Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

Diving 2

Successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive
- » Instructor permission recommended

» Diving

Introduction to Diving Age 7-14

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

5, 30 minute classes

M-F	9:30-10:00am	7/16-7/20	\$45 / \$60	104510.10
M-F	9:30-10:00am	7/30-8/3	\$45 / \$60	104510.11
M-F	9:30-10:00am	8/20-8/24	\$45 / \$60	104510.12

Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

5, 45 minute classes

M-F	10:00-10:45am	7/16-7/20	\$67.50 / \$90	104610.10
M-F	10:00-10:45am	7/30-8/3	\$67.50 / \$90	104610.11
M-F	10:00-10:45am	8/20-8/24	\$67.50 / \$90	104610.12

Diving 2 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

5, 60 minute classes

M-F	10:45-11:45am	7/16-7/20	\$90 / \$120	104710.10
M-F	10:45-11:45am	7/30-8/3	\$90 / \$120	104710.11
M-F	10:45-11:45am	8/20-8/24	\$90 / \$120	104710.12

FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation at no charge.

» Youth Developmental

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

Youth Developmental 1 Age 5-16

Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

8, 45 minute classes

Su	10:00-10:45am	6/24-8/12	\$96 / \$132	104110.70
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9, 45 minute classes

M-F	8:00-8:45am	7/23-8/2	\$108 / \$149	104110.11
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Youth Developmental 2 Age 5-16

Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and backstroke without stopping, plus 25 yards each of legal butterfly and breaststrokes.

8, 45 minute classes

Su	10:45-11:30am	6/24-8/12	\$96 / \$132	104210.70
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9, 45 minute classes

M-F	8:45-9:30am	7/23-8/2	\$108 / \$149	104210.10
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» Adult

Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

8, 45 minute classes

Sa	10:30-11:15am	6/23-8/11	\$104 / \$144	106130.60
Sa	12:00-12:45pm	6/23-8/11	\$104 / \$144	106130.61
Su	10:30-11:15am	6/24-8/12	\$104 / \$144	106130.70
Su	12:00-12:45pm	6/24-8/12	\$104 / \$144	106130.71

Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

8, 45 minute classes

Sa	11:15am-12:00pm	6/23-8/11	\$104 / \$144	106230.60
Su	11:15am-12:00pm	6/24-8/12	\$104 / \$144	106230.70



Exercising in the water reduces pressure on your joints.

» Aquatic Extras

Lifeguard Training Class Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 300 yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

4, 8 hour classes

Sa/Su	9:00am-5:00pm	6/2-6/10	\$286 / \$380	107230.60
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Lifeguard Review Class Age 15 & up

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

1, 4 hour class and 1, 8 hour class

F	6:00-10:00pm	6/22-6/23	\$150 / \$150	107230.61
Sa	9:00am-5:00pm			



**HERNDON
COMMANDERS
2018-2019**

www.swimhacc.org

The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming-sanctioned swim team. The Commanders' nine-month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are required to make a commitment for the entire season and to participate in swim meets.

STROKE EVALUATIONS

Stroke evaluations for placement on the team will be on the following dates:

**Tuesdays, July 10, 17, 24, & 31
6:00-8:00pm**

Sign-up for tryouts on the team website at www.swimhacc.org.

Contact Kerstin Severin at kerstin.severin@herndon-va.gov for additional information.

» Aquatic Fitness

Power Splash Age 16 & up

Get energized with a complete and total-body cardio and resistance workout in deep water. Invigorating and energetic way to start the weekend. Class uses a variety of flotation devices including noodles, kickboards, medicine balls, plyometrics, and other water resistance devices. Music inspired power moves to help you improve your total body water workout. Participants must be comfortable in deep water.

8, 60 minute classes

F	7:30-8:30am	6/29-8/17	\$72 / \$96	108230.50
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Senior Water Aerobics Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

8, 60 minute classes

F	8:00-9:00am	6/29-8/17	\$72 / \$96	108440.50
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15, 60 minute classes

no class 7/4

M/W	8:30-9:30am	6/25-8/15	\$135 / \$180	108440.10
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Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

16, 60 minute classes

Tu/Th	8:00-9:00am	6/26-8/16	\$144 / \$192	108530.20
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Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

15, 60 minute classes

no class 7/4

M/W	7:30-8:30am	6/25-8/15	\$135 / \$180	108630.10
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Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

8, 60 minute classes

Sa	8:00-9:00am	6/23-8/11	\$72 / \$96	108730.60
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15, 60 minute classes

no class 7/4

M/W	6:30-7:30pm	6/25-8/15	\$135 / \$180	108730.10
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16, 60 minute classes

Tu/Th	8:30-9:30am	6/26-8/16	\$144 / \$192	108730.20
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Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

15, 60 minute classes

no class 7/4

M/W	7:30-8:30pm	6/25-8/15	\$135 / \$180	108830.10
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16, 60 minute classes

Tu/Th	7:30-8:30am	6/26-8/16	\$144 / \$192	108830.20
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Welcome Christopher Moore



Chris is our new Assistant Building Manager. He is enthusiastic about sports and recreation! He studied Parks and Outdoor Recreation and Business Administration at George Mason University (GMU). Plus, he is working on his Master's degree

in Sports and Recreation Studies from GMU. Chris is a life-long martial arts participant and he has been an instructor in the Northern Virginia area for 15 years. In his spare time, he enjoys being outdoors with his fiancée, Jenn, and their two wonderful daughters, Michelle and Rachel. Chris looks forward to making everyone's experience at the HCC fun and valuable. Please welcome him when you see him at the front desk or in the building.

HERNDON
KIDS
TRIATHLON

NEW!

**Herndon Kids Triathlon Conditioning** Age 12-16

Start training now for the Herndon Kids Triathlon! Whether it's your first time, or you're looking for a faster time, you'll want to prepare physically to be strong, efficient and injury-free for this great event. Work with a Strength & Conditioning Coach to improve on your mobility, core strength, speed & power - all with an eye on peak athletic performance.

12, 60 minute classes

Tu/Th	4:30-5:30pm	6/19-7/26	\$102 / \$136	122122.20
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10, 60 minute classes

Tu/Th	4:30-5:30pm	7/31-8/30	\$85 / \$113	122122.21
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PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

The Big Downsize Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out – such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment. If you have advanced to a more challenging workout, please register for the Monday Circuit Breaker class.

8, 60 minute classes				no class 7/4
W	7:00-8:00pm	6/20-8/15	\$68 / \$90	120230.30

9, 60 minute classes				
M	7:00-8:00pm	6/18-8/13	\$77 / \$102	120230.10

Circuit Breaker Age 16 & up

Amp up your workout in this electrifying circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and cardio, which target strength building, improve agility and muscular endurance. This class is also the next level up for those that have progressed through The Big Downsize or are already at an intermediate/advanced level. Get ready to break a sweat!

9, 60 minute classes				
M	6:00-7:00pm	6/18-8/13	\$77 / \$102	120530.10

Cyclist Cross-training Age 16 & up

Cycling enthusiasts – be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

9, 60 minute classes				
Tu	6:00-7:00pm	6/19-8/14	\$77 / \$102	122850.20

NEW! Fitness Happy Hour Age 16 & up

You made it through the work-week! Time to de-stress, burn calories, and have some fun by kicking-off your weekend with a great workout. A dynamic warm-up, cardio & strength intervals, and a dose of core work will leave you feeling exhilarated and ready for whatever your weekend plans may bring.

9, 45 minute classes				
F	5:30-6:15pm	6/22-8/17	\$58 / \$77	120830.50

Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Designed for a small group by our trainers, come mix it up with this total-body circuit.

8, 60 minute classes				no class 7/4
W	12:00-1:00pm	6/20-8/15	\$68 / \$90	120730.30

9, 60 minute classes				
M	12:00-1:00pm	6/18-8/13	\$77 / \$102	120730.10
Tu	12:00-1:00pm	6/19-8/14	\$77 / \$102	120730.20
Th	12:00-1:00pm	6/21-8/16	\$77 / \$102	120730.40

Mix It Up Age 16 & up

When was the last time you changed up your workout? Mix it up in this strength training class that incorporates all the fun equipment in the semi-private personal training studio. Use kettlebells, TRX suspension trainers, BOSUs, ViPRs, and other functional tools to sculpt lean muscle and build core strength.

9, 60 minute classes				
Th	6:30-7:30pm	6/21-8/16	\$77 / \$102	121431.40

Morning Buzz Age 16 & up

Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you'll feel all day.

8, 60 minute classes				no class 7/4
W	6:15-7:15am	6/20-8/15	\$68 / \$90	120930.30

9, 60 minute classes				
F	6:15-7:15am	6/22-8/17	\$77 / \$102	120930.50



Our instructors provide modifications to meet your fitness level.

TRX Suspension Training Age 16 & up

TRX provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had while allowing modifications for all ages and levels. The beginner class allows for longer transition times, pace, and additional modifications.

9, 45 minute classes				
Tu	7:00-7:45pm	6/19-8/14	\$58 / \$77	122430.23
F	12:15-1:00pm	6/22-8/17	\$58 / \$77	122430.50

BEGINNER

9, 45 minute classes				
F	9:30-10:15am	6/22-8/17	\$58 / \$77	122430.51

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-9:30pm)
All Ages

» Active Adult Classes

“Aging is not lost youth, but a new stage of opportunity and strength”

– Betty Friedan

Balance Training Age 55 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

9, 55 minute classes

Tu	9:30-10:25am	6/19-8/14	\$61 / \$81	121730.20
Th	9:30-10:25am	6/21-8/16	\$61 / \$81	121730.40

Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout. **No online registration for the advanced class; please contact the Head Fitness Trainer to register: 703-435-6800 ext. 2131.**

8, 55 minute classes

no class 7/4

W	9:30-10:25am	6/20-8/15	\$55 / \$73	121830.30
W	6:00-6:55pm	6/20-8/15	\$55 / \$73	121830.32

9, 55 minute classes

M	8:30-9:25am	6/18-8/13	\$61 / \$81	121830.10
M	9:30-10:25am	6/18-8/13	\$61 / \$81	121830.11

NOR

ADVANCED

8, 55 minute classes

no class 7/4

W	8:30-9:25am	6/20-8/15	\$55 / \$73	121830.31
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Strength Circuit Age 55 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

9, 55 minute classes

Tu	1:30-2:25pm	6/19-8/14	\$61 / \$82	121940.20
Th	9:30-10:25am	6/21-8/16	\$61 / \$82	121940.40
NEW! Th	1:30-2:25pm	6/21-8/16	\$61 / \$82	121940.41



Our fitness classes can help you increase strength, balance, and coordination.

NOR

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you, and support you so that you may reach your desired fitness goals!

3-SESSION STARTER PACK*

*New training clients only

30 minute sessions

3 workouts \$99 / \$132

ONE-ON-ONE PERSONAL TRAINING

30 minute sessions

1 workout \$36 / \$48
6 workouts \$180 / \$239
10 workouts \$244 / \$325

45 minute sessions

1 workout \$47 / \$63
6 workouts \$237 / \$315
10 workouts \$349 / \$464

60 minute sessions

1 workout \$64 / \$85
6 workouts \$317 / \$422
10 workouts \$462 / \$615

TWO-ON-ONE PARTNER TRAINING

(Pricing is PER PERSON)

60 minute sessions

1 workout \$34 / \$45
6 workouts \$190 / \$253
10 workouts \$300 / \$399

ONE-ON-ONE YOUTH TRAINING

Age 12-15

45 minute sessions

1 workout \$38 / \$51
6 workouts \$190 / \$253
10 workouts \$282 / \$375

TWO-ON-ONE YOUTH TRAINING

Age 12-15 (Pricing is PER PERSON)

60 minute sessions

1 workout \$32 / \$43
6 workouts \$162 / \$215
10 workouts \$240 / \$319



Tom



Karen



Trey



Jane N.



Miro



Caryn





















Sudy



David

SUMMER 2018 DROP-IN EXERCISE CLASS SCHEDULE

MON.	ActivMotion Bar 8:50-9:20am	Body Blaster Circuit 9:30-10:30am	 5:30-6:30pm	 6:40-7:40pm	 6:45-7:45pm
TUE.	 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm  6:40-7:40pm
WED.	ActivMotion Bar 8:50-9:20am	Body Blaster Circuit 9:30-10:30am	 5:00-6:00pm	 6:00-7:00pm	 7:10-8:10pm
THR.	 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm  6:40-7:40pm
FRI.		 5:30-6:30pm	<p>» Instructor subject to change during the season.</p> <p>» Please do not enter a class more than ten minutes past the scheduled start time.</p> <p>» Drop-In Exercise classes are designed for age 16 & up.</p> <p>» Please consult your doctor prior to starting any exercise program.</p> <p>» Some classes may reach capacity or have limited specialty equipment available.</p> <p>» Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.</p>		
SAT.	 10:15-11:15am	 11:30am-12:30pm			
SUN.	 9:00-10:00am	No Class 7/4			

SCHEDULE EFFECTIVE MONDAY, JUNE 18 – SATURDAY, AUGUST 25

» Drop-In Exercise

Ab Express Age 16 & up

Ab Express is a 45 minute intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-1:00pm**

ActivMotion Bar™ Age 16 & up

ActivMotion Bars ignite the body and mind in completely new ways to deliver unparalleled core and balance training results. ActivMotion Bars are hollow & filled with weighted ball bearings that shift smoothly within. The shifting mass forces users to activate muscles of the core nearly twice as much as conventional static weighted tools to stabilize their body. **M/W 8:50-9:20am No Class 7/4**

Body Blaster Circuit Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:30-10:30am No Class 7/4

Cardio/Sculpt Intervals Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am

HCC Admission Specials

\$2 TUESDAYS (for seniors 65+) All Day

\$5 FRIDAYS (from 12:00-9:30pm) All Ages

Take advantage of the free drop-off babysitting service run by our friendly staff.

Kid Care

MORNING:

M/W 9:00-11:30am
Tu/Th 9:00am-12:00pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5:00-8:00pm
F 5:15-7:00pm

Children 10 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.



AGE 16 & up

BODYPUMP™ is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total body workout that burns lots of calories. The rep effect, a scientifically proven Les Mills formula, is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

M 6:40-7:40pm
 Tu 6:40-7:40pm
 W 6:00-7:00pm
 Th 6:40-7:40pm
 Sa 10:15-11:15am

No class 7/4



AGE 16 & up

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple, so no need to be especially coordinated and no experience needed. Learn moves from Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu.

Tu 5:30-6:30pm
 Th 5:30-6:30pm
 Su 9:00-10:00am



BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.
 Classes held outdoors at the Herndon Community Center/Bready Park.

Other locations: Check our updated listing on www.FIResults.com
 or call **1-877-62SHAPE (877-627-4273)**
 for more information. Guaranteed Results!



AGE 16 & up

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M 5:30-6:30pm W 7:10-8:10pm
 M 6:45-7:45pm Th 6:00-7:00am
 Tu 6:00-7:00am Th 5:30-6:30pm
 Tu 5:30-6:30pm F 5:30-6:30pm
 W 5:00-6:00pm Sa 11:30am-12:30pm

No class 7/4

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. Monday-Friday | 6:00-7:15am



HERNDON FESTIVAL 10K/5K RACES

JUNE 3 7:30am

Starts at Herndon Community Center

The race courses will take you through historic downtown Herndon during Herndon Festival weekend. Both the 10K and 5K are USATF certified. Awards are presented to the top two finishers from each age group from the 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race along with a Fitness Expo.

Early Bird (received by April 29) \$30

Regular Registration (April 30-June 2 until 4pm) \$35

Race Day Registration (June 3 6:15-7:15am) \$45

Youth (age 15 & under) \$20

Online regular registration closes on Friday, June 1 at 12pm.

Packet pick-up and in-person regular registration (\$35)
 Saturday, June 2 from 11am-4pm at the Herndon Community Center. Packet pick-up and race day registration (\$45)
 Sunday, June 3 from 6:15-7:15am.

5K Age 15 & under 553050.11
 Age 16 & up 553050.10

10K Age 15 & under 553050.13
 Age 16 & up 553050.12

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

9, 60 minute classes no class 7/2, 7/4

M	2:30-3:30pm	6/18-8/20	\$81 / \$108	130040.10
W	2:30-3:30pm	6/20-8/22	\$81 / \$108	130040.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

9, 90 minute classes no class 7/2, 7/5

M	7:00-8:30pm	6/18-8/20	\$98 / \$130	130130.10
Th	7:00-8:30pm	6/21-8/23	\$98 / \$130	130130.40

Hatha Yoga For Kids Age 6-15

This children's class is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

8, 45 minute classes no class 8/5

Su	2:15-3:00pm	6/24-8/19	\$60 / \$80	130430.00
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Hatha Yoga For Beginners Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

8, 75 minute classes no class 8/5

Su	1:00-2:15pm	6/24-8/19	\$90 / \$120	130330.00
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9, 75 minute classes no class 7/3

Tu	7:15-8:30pm	6/19-8/21	\$101 / \$134	130330.20
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Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

9, 60 minute classes no class 7/2, 7/4

M	8:15-9:15pm	6/18-8/20	\$86 / \$114	131131.10
W	8:15-9:15pm	6/20-8/22	\$86 / \$114	131131.30



Our wellness classes are good for all fitness levels.

Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.



Summer 2018 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
			11:30am-2:30pm			8:00-11:00am
						1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm	7:00-10:00pm	7:00-10:00pm	7:30-10:00pm	
Friday evening open gym may be cancelled for events. Youth = Age 17 & under and Teen = Age 13-17. This schedule is subject to change - check monthly schedule. Call the Front Desk to confirm the schedule, 703-787-7300.						

■ Adult Basketball
 ■ Adult Volleyball
■ Adult Badminton
 ■ Youth Open Gym



Friday, May 18

5:30-10:00am
& 4:30-6:00pm

Join this regional favorite day to encourage a clean, healthy and fun way to get to work and get around – by biking.

The Herndon pitstop on the W&OD Trail next to the Depot will have t-shirts, refreshments, maintenance, commuting tips, and more.

Register online directly at biketoworkmetrodc.org and be eligible to win prizes and a free t-shirt.

4TH of JULY

at Bready Park
FREE ADMISSION

Activities begin at 6:30pm

✱ **Live Music** ✱ **Children's Arts & Crafts**

✱ **Bingo & Family Games**

✱ **Food & Refreshments** (purchase at the event)

✱ **FIREWORKS! 9:30pm**

BREADY PARK IS LOCATED BETWEEN THE W&OD TRAIL
AND THE HERNDON COMMUNITY CENTER

**PARKING IS AVAILABLE AT HERNDON MIDDLE SCHOOL AND
THE HERNDON COMMUNITY CENTER ON A LIMITED BASIS.**

No pets, fireworks, alcohol, or grills.



OUTDOOR MOVIE

Despicable Me 3, Rated G

Saturday, June 16 8:30pm

Herndon Municipal Center Town Green,
777 Lynn Street

Celebrate the end of school & the start of summer!

Bring a picnic or buy food from local restaurants or food trucks. Kindly refrain from glass, alcohol, pets or smoking.

In case of severe weather, the event will be cancelled.

PARKS AND RECREATION

A LIFETIME OF DISCOVERY

NRPA'S PARK AND RECREATION MONTH - JULY 2018

Come play with Herndon Parks & Recreation Department in July and every month, whether it is fitness, yoga, swimming, tennis, basketball, crafts and more! "July is Parks and Recreation Month" is a national campaign sponsored by the National Recreation and Parks Association (NRPA).

Herndon Parks and Recreation Department offers hundreds of programs and events each season and has established eleven neighborhood parks that bring nature to virtually every resident's backyard. Herndon is also home to two walking trails, Sugarland Run Trail and the historic Washington and Old Dominion Trail (W&OD). We hope you join us and Be... Active, Playful, Creative.



HERNDON KIDS TRIATHLON

Sunday, September 16 8:00am

REGISTRATION

July 2-August 3 \$40
August 4-September 7 \$45
September 8-14 \$50

AGE	SWIM	BIKE	RUN	CODE
6-8	50Y	1.1 MILES	.6 MILE	257010.10
9-11	100Y	2 MILES	1 MILE	257010.11
12-13	150Y	4 MILES	1.4 MILES	257010.12
14-16	150Y	4 MILES	1.4 MILES	257010.13

OPTIONAL PRE-RACE MEETING AND CLINIC

to help kids prepare for the race course and transitions.
Must be registered for triathlon to attend.

August 19 9:00-10:00am Free 257000.10

NEW!

HERNDON KIDS TRIATHLON CONDITIONING

Age 12-16

Start training now for the Herndon Kids Triathlon! Whether it's your first time, or you're looking for a faster time, you'll want to prepare physically to be strong, efficient and injury-free for this great event. Work with a Strength & Conditioning Coach to improve on your mobility, core strength, speed & power - all with an eye on peak athletic performance.

12, 60 minute classes

Tu/Th	4:30-5:30pm	6/19-7/26	\$102 / \$136	122122.20
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10, 60 minute classes

Tu/Th	4:30-5:30pm	7/31-8/30	\$85 / \$113	122122.21
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Wine & Craft Beer Tasting

**Monday
September 3**
11am-5pm

Downtown Herndon, 777 Lynn Street

★ Virginia Wineries

★ Craft Beer Tasting

★ Food Vendors

★ Craft Vendors

★ Two Entertainment Locations

\$25 wine-tasting admission

NEW THIS YEAR

\$25 beer-tasting admission

(Includes 4 tickets.

Additional beer tasting tickets for purchase)

\$5 admission for non-drinker

PRODUCED BY

Town of Herndon Parks and Recreation Department
& Herndon Woman's Club

*Proceeds help support college scholarships
for Herndon High School graduates.*

herndon-va.gov/laborday

IT'S ON!

IN DOWNTOWN Herndon

Town Hall Green, 730 Elden Street

Learn about each week's fun at:
Herndon-va.gov/ItsON

SATURDAYS
July 7, 14, 21 & 28 at 10am

Family Game Days

Bigger and better than traditional backyard games.
Children of all ages welcome (0-100)!

More Fun Downtown:

Saturday, August 4 at 10:00am - Kids Wet & Wild Day
Saturday, August 11 at 8:00pm - Glow in the Dark Night

FREE



FARMERS' MARKET Fun Days

THURSDAYS 10:30-11:15AM

Town Hall Square 730 Elden Street

FREE & OPEN TO THE PUBLIC



**Beale Street
Puppets - Dig
Those Dinosaurs**

Delighting children with
musical marionette shows!

7.5



Rocknoceros
Tot-Rock!

7.12



**Mr. Gabe and
The All Stars**

Songs for all!

7.19



**Nicolo
the Jester**

Irresistible blend
of humor and heart!

7.26



**Marcia Wines,
Storytelling**

A spinner of tales and
a weaver of dreams!

8.2



**Zig Zag the
Magic Man**

DC's most
magical laffinator!

8.9



**The Uncle
Devin Show**

An educational drummer
and fun for all ages!

8.16



Groovy Nate

The DMV's favorite
children's entertainer!

8.23

The Farmers' Market is held every Thursday from April 19 through November 8.
8:00am - 12:30pm, on Lynn Street in historic downtown Herndon.

Partial Funding for these events made possible by the Virginia Commission For The Arts and Arts Herndon.

All dance classes welcome both boys and girls.

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

8, 45 minute classes

Sa	9:30-10:15am	6/23-8/11	\$58 / \$77	141100.61
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Ballet Age 3-8

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

8, 45 minute classes

Beginning Age 3-5

Sa	10:15-11:00am	6/23-8/11	\$58 / \$77	141210.61
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Intermediate/Advanced Age 4-6

Sa	11:00-11:45am	6/23-8/11	\$58 / \$77	141210.62
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Ballet/Tap/Jazz Age 5-12

Basic tap, jazz and beginning ballet technique class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

8, 60 minute classes

Sa	11:45am-12:45pm	6/23-8/11	\$58 / \$77	142610.61
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Urban Hip-Hop Age 7-15

This is a high intensity Urban Hip Hop dance class that will cover styles of Urban dancing including tutting, moonwalking, top rocks, threading ground rocks, waving, popping and isolation. Simple routines and a choreographed number will be taught.

8, 60 minute classes

no class 7/4

Beginner Age 7-10

M	6:00-7:00pm	6/18-8/6	\$58 / \$77	145311.11
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Intermediate Age 11-15

W	6:30-7:30pm	6/20-8/15	\$58 / \$77	145311.31
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Parent and children enjoy learning the basic movements of dance together.

Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.



CORPORATE MEMBERSHIPS

Keep your employees healthy and productive! Businesses can increase employee benefits through our affordable admission options:

1. Pay monthly by the number of employee visits.
2. Buy one-day admissions or a variety of multiple-day passes.
3. Pay an annual fee based on the size of your company and a monthly fee per participating employee or the employee can pay their own monthly fee.

Contact Ron Tillman, Community Center Manager, at 703-435-6800 x2116 for more details.

Birthday Parties
at the
Herndon Community Center

Call to schedule your party TODAY!
703-787-7300

"Thank you so much for helping make Ava's party such a success! Everything went off without a hitch! I must have had four parents comment on how nice the community center was! Yes, it is! I can see us having more parties here."

Land - Pool Party Packages Available
All parties offer 75 minutes of an activity and an hour in the party room.

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-9:30pm)
All Ages

Happy Feet Soccer Age 2-3

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness. Meets at Bready Park turf soccer field.

8, 30 minute classes

Sa	9:20-9:50am	6/23-8/11	\$53 / \$70	173000.52
Sa	9:55-10:25am	6/23-8/11	\$53 / \$70	173000.53
Sa	10:30-11:00am	6/23-8/11	\$53 / \$70	173000.54

Ignite Kids Club Age 3-6

Jr. Athletes is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

8, 30 minute classes

Tu	6:45-7:15pm	6/19-8/7	\$53 / \$70	173500.22
Su	1:35-2:05pm	6/24-8/12	\$53 / \$70	173500.61

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes

M	5:30-6:30pm	6/18-8/6	\$80 / \$106	176010.10
F	6:30-7:30pm	6/22-8/10	\$80 / \$106	176010.60

SPORTS CAMPS PAGE 7 & 8



Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center.

Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200

Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.

Indoor Tennis 2018-19 Season**Tennis Bubble Hours:**

Monday-Friday: 6:30am-10:30pm;
Saturday & Sunday: 8:00am-10:00pm
Open Monday, September 17, 2018-
Sunday, April 14, 2019

Contract Application Season 2018-2019

Starting April 4 TOH residents with current court time.
Starting April 18 TOH residents requesting new court time. Any NR individual with a current contract wishing to reserve the same time as 2017-18. TOH residents have priority.
Starting May 9 Any individual with a current contract wishing to reserve a different time from his/her 2017-18 contract time. Any NR seeking contract time.

Court cost is per hour CONTRACT TIME RANDOM TIME***Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):**

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older

* Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

TENNIS CAMPS PAGE 8

All youth classes will emphasize tennis fundamentals. All students must provide their own racquet and wear tennis shoes.

» YOUTH

PEE WEE/BEGINNER: Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

Pee Wee Age 4-5

8, 30 minute classes no class 7/3, 7/5

Tu/Th	4:30-5:00pm	6/19-7/19	\$56 / \$74	171000.21
Tu/Th	4:30-5:00pm	7/31-8/23	\$56 / \$74	171000.23
Sa	8:30-9:00am	6/23-8/11	\$56 / \$74	171000.60

Beginner 1.0-1.5 Age 6-15

Age 6-8

8, 45 minute classes no class 7/3, 7/5

Tu/Th	5:00-5:45pm	6/19-7/19	\$72 / \$96	171110.20
Tu/Th	5:00-5:45pm	7/31-8/23	\$72 / \$96	171110.21
Sa	9:00-9:45am	6/23-8/11	\$72 / \$96	171110.60

Age 9-15

8, 60 minute classes no class 7/3, 7/5

Tu/Th	6:00-7:00pm	6/19-7/19	\$79 / \$105	171210.20
Tu/Th	6:00-7:00pm	7/31-8/23	\$79 / \$105	171210.21
Sa	11:00am-12:00pm	6/23-8/11	\$79 / \$105	171210.60

Advanced Beginner 2.0-2.5 Age 6-15

Age 6-8

8, 45 minute classes no class 7/2, 7/3, 7/4, 7/5

M/W	5:00-5:45pm	6/18-7/18	\$72 / \$96	171111.10
M/W	5:00-5:45pm	7/30-8/22	\$72 / \$96	171111.11
Tu/Th	5:00-5:45pm	6/19-7/19	\$72 / \$96	171111.20
Tu/Th	5:00-5:45pm	7/31-8/23	\$72 / \$96	171111.21
Sa	10:00-10:45am	6/23-8/11	\$72 / \$96	171111.60

Age 9-15

8, 60 minute classes no class 7/2, 7/3, 7/4, 7/5

M/W	6:00-7:00pm	6/18-7/18	\$79 / \$105	171211.10
M/W	6:00-7:00pm	7/30-8/22	\$79 / \$105	171211.11
Tu/Th	6:00-7:00pm	6/19-7/19	\$79 / \$105	171211.20
Tu/Th	6:00-7:00pm	7/31-8/23	\$79 / \$105	171211.21
Sa	10:00-11:00am	6/23-8/11	\$79 / \$105	171211.60

INTERMEDIATE/ADVANCED 3.0-4.0: Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

Intermediate 3.0-3.5 Age 11-15

8, 60 minute classes no class 7/2, 7/4

M/W	7:00-8:00pm	6/18-7/18	\$79 / \$105	171213.10
M/W	7:00-8:00pm	7/30-8/22	\$79 / \$105	171213.11
Sa	11:00am-12:00pm	6/23-8/11	\$79 / \$105	171213.60

Advanced 4.0 Age 12-15

8, 60 minute classes no class 7/3, 7/5

Tu/Th	7:00-8:00pm	6/19-7/19	\$79 / \$105	171214.20
Tu/Th	7:00-8:00pm	7/31-8/23	\$79 / \$105	171214.21

» ADULT

Beginner 1.0-1.5 Age 16 & up

8, 60 minute classes no class 7/2, 7/4

M/W	6:00-7:00pm	6/18-7/18	\$79 / \$105	171530.10
M/W	6:00-7:00pm	7/30-8/22	\$79 / \$105	171530.11
Sa	8:00-9:00am	6/23-8/11	\$79 / \$105	171530.60

Advanced Beginner 2.0-2.5 Age 16 & up

Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

8, 60 minute classes no class 7/2, 7/4

M/W	7:00-8:00pm	6/18-7/18	\$79 / \$105	171531.10
M/W	7:00-8:00pm	7/30-8/22	\$79 / \$105	171531.11
Sa	9:00-10:00am	6/23-8/11	\$79 / \$105	171531.60

INTERMEDIATE/ADVANCED 3.0-4.0: Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes no class 7/2, 7/4

M/W	8:00-9:00pm	6/18-7/18	\$79 / \$105	171532.10
M/W	8:00-9:00pm	7/30-8/22	\$79 / \$105	171532.11
Sa	10:00-11:00am	6/23-8/11	\$79 / \$105	171532.60

Advanced 4.0 Age 16 & up

8, 60 minute classes no class 7/3, 7/5

Tu/Th	7:00-8:00pm	6/19-7/19	\$79 / \$105	171533.10
Tu/Th	8:00-9:00pm	6/19-7/19	\$79 / \$105	171533.11
Tu/Th	7:00-8:00pm	7/31-8/23	\$79 / \$105	171533.12
Tu/Th	8:00-9:00pm	7/31-8/23	\$79 / \$105	171533.13

Doubles Strategy 2.0 -3.5 Age 16 & up

8, 60 minute classes

Sa	11:00am-12:00pm	6/23-8/11	\$79 / \$105	171534.60
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» JUNIOR TEAM TENNIS

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Junior Team Tennis Age 6-14

Junior Team Tennis is designed for those players ready for a competitive tennis experience and outside matches with practices focused on skill and strategy, with the opportunity to continue on a year-round basis. Tryouts are required; to schedule and for more information, please contact the indoor tennis manager at 703-435-6800 x2110. USTA individual membership not included but required if selected for the team.

8, 90 minute sessions

Age 8 & under

Sa	6:00-7:30pm	7/7-8/25	\$103 / \$137	173141.60
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Age 10 & under

Sa	6:00-7:30pm	7/7-8/25	\$103 / \$137	173141.61
Sa	6:00-7:30pm	7/7-8/25	\$103 / \$137	173141.65

Age 12 & under

Sa	5:00-6:30pm	7/7-8/25	\$103 / \$137	173141.64
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Age 14 & under

Sa	5:00-6:30pm	7/7-8/25	\$103 / \$137	173141.62
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GYMNASTICS

Parent Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, focused on age appropriate movements, games and equipment. Participation will enhance your child's body awareness, build confidence with movement.

8, 45 minute classes

Sa	9:00-9:45am	6/23-8/11	\$56 / \$74	170000.60
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MUNCHKATEERS: This class will focus on beginning gymnastics terms and age appropriate coordination activities. No experience necessary, but must be able to separate from parent and follow group instruction.

Munchkateers 1 Age 3-4

Each week, students will be taught fundamental gymnastic terms and skills (ie: point toes, flex toes, straight legs, forward rolls, etc). Instructors will also lead participants through fitness and coordination obstacles, as well as engage in age appropriate games and activities.

8, 45 minute classes

Sa	10:00-10:45am	6/23-8/11	\$56 / \$74	170100.60
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Munchkateers 2 Age 4-5

Each week, students will be taught fundamental gymnastic terms and more challenging gymnastic skills. These skills will assist in advancing your child's motor coordination, strength and flexibility.

8, 45 minute classes

Sa	12:00-12:45pm	6/23-8/11	\$56 / \$74	170200.60
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Young Beginners Age 5-12

The program will include instruction in floor exercise, balance beam, uneven bars, and vaulting. Participants will learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. No experience necessary, but must be able to follow group instruction and learn gymnastics terminology.

8, 45 minute classes

Sa	12:00-12:45pm	6/23-8/11	\$56 / \$74	170310.60
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Level 1/2 Age 6-12

Participants will learn proper form to do a cartwheel, standing round-off, handstand against the wall and more! For more information visit the herndon-va.gov/recreation for full descriptions.

8, 90 minute classes

Sa	1:00-2:30pm	6/23-8/11	\$84 / \$112	170410.60
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Level 3/4 Age 6-12

Must be able to demonstrate running round-off rebound, handstand to bridge, standing to bridge, bridge kick-over on the floor, jump to handstand position on the vault. For more information visit herndon-va.gov/recreation for full descriptions.

8, 90 minute classes

Sa	2:30-4:00pm	6/23-8/11	\$84 / \$112	170510.60
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MARTIAL ARTS

Tae Kwon Do Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions will be held at the Herndon Community Center.

8, 30 minute classes

F	6:15-6:45pm	6/22-8/10	\$77 / \$102	172000.50
Sa	1:45-2:15pm	6/23-8/11	\$77 / \$102	172000.60

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable workout clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 60 minute classes

F	7:05-8:05pm	6/22-8/10	\$51 / \$68	172250.50
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Kendo Age 13 & up

Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching technique for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 90 minute classes

no class 7/4

Su	11:15am-12:45pm	6/24-8/12	\$48 / \$64	172550.00
F	8:15-9:45pm	6/22-8/10	\$48 / \$64	172550.50
W	8:20-9:50pm	6/20-8/15	\$48 / \$64	172550.30

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

8, 60 minute classes

Su	1:00-2:00pm	6/24-8/12	\$39 / \$52	172650.01
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Shotokan Karate is a class families can do together.

Kidz on Wheelz Age 10-15

Explore your creativity while learning hand building clay techniques. Exciting pottery project idea will be provided, but students should let their imaginations run. Fee includes all materials.

6, 90 minute classes

M	5:00-6:30pm	6/25-7/30	\$96 / \$128	110010.11
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Acrylic Painting Age 12 & up

Experience the art of painting. Learn basic Techniques and Fundamental Brushstrokes of Acrylic Painting along with Tints, Tones and shades. This class is designed for beginners but all levels of experience are welcome. All Supplies included in the class fee.

8, 2.5 hour classes

Th	7:00-9:30pm	6/28-8/16	\$150 / \$200	110030.40
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Pinch to Slab Pottery Age 7-16

For children who want to explore working with clay. Students will learn basic handbuilding skills including pinching, coiling and working with slabs. Projects might include whistles, wind chimes, mugs, plates, tiles, coil pots and more. Students will decorate and glaze their finished pieces. Fee includes all materials.

6, 90 minute classes

M	2:30-4:00pm	6/25-7/30	\$96 / \$128	110141.11
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Pottery Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes

M	7:00-9:30pm	6/25-8/13	\$150 / \$200	110150.11
Tu	7:00-9:30pm	6/26-8/14	\$150 / \$200	110150.21

Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible individuals, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x2107 for more information or contact the Herndon Community Center for assistance.

CPR/AED and First Aid Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for two years.

1, 6 hour class

Su	12:00-6:00pm	6/24	\$95 / \$95	160150.00
Su	12:00-6:00pm	8/5	\$95 / \$95	160150.01

2018-2019 Preschool

Ongoing registration until filled

The Herndon Community Center preschool is a safe, nurturing, responsive and caring learning environment and a state-licensed program. The classroom schedule includes field trips, outside free-play, and holiday festivities. Families feel connected knowing that their children are cared for and nurtured in a way that respects their own cultural and familial beliefs.

The teacher-child ratio is 3 to 20. The 4-5 year old class emphasis is on the skills needed to enter kindergarten. Our goal is to foster independence in a school setting.

Age 3-4 • Tu/Th • 9:00am-12:00pm

(Must be 3 by September 30, 2018)

\$1,500 / \$1,800*

Age 4-5 • M/W/F • 9:00am-12:00pm

(Must be 4 by September 30, 2018)

\$1,750 / \$2,100*

A \$75 nonrefundable deposit, and child's proof of age (such as birth certificate or passport) are due at time of registration.

*Fees are payable on an established payment plan of 5 installments.

To learn more, call 703-435-6800 x2119.

Registration is on a first-come first-served basis. Children must be potty-trained and use of disposable undergarments is not permitted.



» PARKS IN HERNDON

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor restrooms seasonally.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches, and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open down to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. *Shelters are available for reservation.*

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
requires ID with address for every transaction
NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family	\$18/\$22.50
(Up to 5 family members, 2 adults maximum)	

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single	\$36.75/\$62
Senior 2-Person*	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single	\$215/\$307
Senior 2-Person*	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single	\$329.25/\$551.75
Senior 2-Person*	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours:	Monday-Friday, 4:00-10:00pm, Saturday & Sunday, Opening-2:00pm
Prime Time:	admission fee per player \$4 per hour + \$3.50 per session wallyball
Non-Prime Time:	admission fee per player \$2 per hour + \$2 per session wallyball

2018-19 Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
Grace Wolf Cunningham, Councilmember
Jeffrey L. Davidson, Councilmember
Signe Friedrichs, Councilmember
Bill McKenna, Councilmember
Sheila A. Olem, Councilmember
Bill Ashton, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Cynthia Hoftiezer, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Lindsey Jones, Systems Technician
Kevin Breza, Recreation Program Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Jim Heffel, Pool Operations Manager
Vacant, HAC Head Coach
Christina Bolzman,
Aquatics Program Specialist
Ron Tillman, Community Center Manager
Christopher Moore,
Assistant Community Center Manager
Suzanna Swalboski,
Indoor Tennis Manager
Jodie Oare, Preschool Director
Karen Tsitos, Head Personal Trainer

Recreation Supervisors

Kimmie Alcorn,
Special Interest, Arts & Crafts, Camps
Tom Milenkevich, Fitness Services Supervisor
Tim Lander,
Wellness, Sports & Community Events
Holly Popple,
Performing Arts & Community Events
John Walsh, Sports & Community Events

Mission Statement

The Town of Herndon Parks and Recreation Department enriches the lives of its diverse residents, serves as stewards of Town resources, and fosters a sense of community by providing engaging, accessible and valued parks, facilities and recreation programs complementing those provided by Fairfax County.

GENERAL INFORMATION

Be Supportive

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, April 25. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, May 1.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

Not all Herndon addresses are in the TOH proper. If you have questions, call [703-787-7300](tel:703-787-7300) or go to: herndon-va.gov/recreation and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on May 1.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or ability. The TOH supports the Americans with Disabilities Act by making a modifications for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call [703-787-7300](tel:703-787-7300) to discuss any modifications that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment


You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10:00am on April 25 for TOH residents, and 10:00am on May 1 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10:00am, April 25 for TOH residents; and 10:00am, May 1 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, April 25** at 10:00am.
Registration for Non-Town of Herndon Residents begins on **Tuesday, May 1** at 10:00am.

PHONE: 703-787-7300
FAX: 703-318-8652

"95.7% of Town of Herndon residents surveyed would recommend the Herndon Community Center to a friend or colleague."

Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund **NOR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



Herndon Parks and Recreation Registration Form - Summer 2018

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY / STATE / ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:

Herndon Parks and Recreation
777 Lynn Street, Herndon, VA 20170

CHANGE OF ADDRESS / PHONE / EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed 5 or more days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon Parks and Recreation

Mailing Address: 777 Lynn Street

Physical Address: 814 Ferndale Avenue

Herndon, VA 20170

herndon-va.gov/recreation

703-787-7300



join our newsletter...

parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks



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HerndonFestival.net



MAY 31-JUNE 3

Historic Downtown Herndon

Free Admission

Thursday 6-10pm

Friday 5-11pm

Saturday 10am-11pm

Sunday 10am-6pm



- Three Entertainment Stages
- Carnival
- Fireworks - Saturday
- 10K/5K Races & Fitness Expo
- Kids' Alley with Children's Hands-On Art Area
- Business Expo
- Arts & Crafts Vendors
- Food Vendors
- Free Shuttle Bus Service

A SPECIAL THANKS TO OUR GENEROUS PARTNERS AND SPONSORS:

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